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PUTTING US OUT

Tenants of a disgraced Germantown developer's blighted building were hoping for repairs, but as the foreclosure process drags on, they're losing their homes over the hazardous conditions. 8-9

BRAD LARRISON

GETTY IMAGES

Adams ecstatic to play for hometown Eagles. 17

5 THINGS TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

Earlier this year, Philly moved to fight back against the infamous Germantown Settlement developer dubbed 'the man who duped City Hall' for collecting an estimated $100 million in grants that went into a black hole of mismanaged project social, educational and housing projects. But after foreclosing on some 45 residential properties, the city is facing months of litigation and one of the blighted buildings, Hamill Mill II, was just ordered shut down by the city, a Pyrrhic victory tenants who had just undertaken organizing for improvements. Read more inside on page 8-9 and on **metroPhilly.us.**

FAILED EGYPT BOMBING LEADS TO 7 ARRESTS

1 Egyptian security forces have arrested seven alleged militants suspected of involvement in a foiled church bombing outside Cairo on Saturday, the interior ministry said on Sunday. A militant wearing a suicide vest blew himself up 250 meters from a Coptic Christian church in Qalyubiyah, a governorate north of Cairo, killing himself but no one else according to eyewitnesses and state media. The attack was the latest directed at Egypt's large Christian minority, who make up around 10 percent of the country's 96 million people. Islamist militants carried out two deadly bombings on Palm Sunday in April 2017 and a blast at Cairo's largest Coptic cathedral in December 2016 that killed 28 people, while a church shooting last December killed eleven. State news agency MENA said Saturday's bomb attack was thwarted by a strong security presence around the church that prevented the assailant from getting too close. An interior ministry statement identified the attacker as 29-year-old Omar Mohamed Ahmed Mostafa from Cairo but did not link him to a particular militant group.

OMAROSA RELEASES WHITE HOUSE RECORDING

2 Former White House aide and reality television participant Omarosa Manigault Newman played a recording in a TV interview on Sunday of her dismissal and indicated she had other recordings from her time in the Trump administration. "I have to protect myself and I have no regret about it," Omarosa said on NBC's "Meet the Press." Omarosa left the White House in December and Sunday's interview coincided with the release of her book, "Unhinged: An Insider Account of the Trump White House," detailing her time there. On the recording, White House Chief of Staff John Kelly can be heard talking to Omarosa in the Situation Room. "We want to talk to you about leaving the White House," Kelly said, as he cited integrity issues for her leaving. "It's important to understand that if we make this a friendly departure ... you can go on without any type of difficulty in the future relative to your reputation." When asked on "Meet the Press" how often she made recordings during her time working for President Donald Trump, Omarosa said: "This is a White House where everybody lies ... you have to have your own back."

WORLD ELEPHANT DAY CELEBRATED IN INDIA

3 Wildlife Trust of India organized a four-day celebration of the majestic Asian elephant starting Sunday, which is also the World Elephant Day. The Event is being held at the Gaj Mahotsav in association with the Ministry of Environment, Forests and Climate Change (MoEFCC), and partnered by the International Fund For Animal Welfare (IFAW) and United Nations Environment (UNE), at Indira Gandhi National Centre for the Arts at Janpath in New Delhi, India.

GETTY IMAGES

ALLEGED SEATTLE PLANE THIEF WAS 'ADVENTURER'

4 The airline worker who stole an empty airplane from a Seattle airport on a flight that ended in his death once ran a bakery with his wife and enjoyed the benefits that came with his job to travel the world, social media posts showed. Richard Russell, who liked to be called Beebo, was a 29-year-old man living in Sumner, Washington, who was born in Key West, Florida, and moved to Wasilla, Alaska, when he was 7 years old, according to a web page he set up for a college communications class. He has not been officially named by authorities, but his family and multiple news media outlets have reported his identity. Russell worked for Horizon Airlines, a sister carrier of Alaska Airlines [ALKAIR.UL], as a ground service agent who helped baggage handlers and was part of Horizon's tow team, which moved planes around on the tarmac. It was a job that gave him the perk of "being able to fly to Alaska at my leisure," he wrote on the page. In a video posted on YouTube last December, Russell shows luggage coming off and being loaded onto aircraft, and describes what the life of a ground service agent can entail.

US HOUSE CANDIDATES VULNERABLE TO HACKS

5 Three of every 10 candidates running for the U.S. House of Representatives have significant security problems with their websites, according to a new study by independent researchers that underscores the threat hackers pose to the November elections. The research was due to be unveiled on Sunday at the annual Def Con security conference in Las Vegas, where some attendees have spent three days hacking into voting machines to highlight vulnerabilities in technology running polling operations. A team of four independent researchers led by former National Institutes for Standards and Technology security expert Joshua Franklin concluded that the websites of nearly one-third of U.S. House candidates, Democrats and Republicans alike, are vulnerable to attacks. NIST is a U.S. Commerce Department laboratory that provides advice on technical issues, including cybersecurity. Using automated scans and test programs, the team identified multiple vulnerabilities, including problems with digital certificates used to verify secure connections with users, Franklin told Reuters ahead of the presentation.

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Fantasy made reality: DraftKings mobile app opens for biz in Jersey

DraftKings says it's offering "over 10,000 different ways to bet."

A.D. AMOROSI
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Whether you're an avid player of Daily Fantasy Sports' games of skill, or you're just a curious driver passing back-and-forth between Jersey and Philly along the Atlantic City Expressway, you've seen the massive black billboards dotting the bright, cloud-filled skyline: DraftKings is open for fantasy sports business in New Jersey as of Aug. 1, with its mobile sports betting app connected to AC's Resorts Casino.

While everyone has been waiting for each of their favorite Atlantic City casinos to open a design-heavy, designated salon dedicated to sports betting, Resorts swept in and began collaborating with DraftKings — licensed to offer all forms of sports wagering through its app and website, only if you're located physically within Jersey state limits — and became the first in the Garden State to offer such online gaming.

"For the past year, Resorts and DraftKings have been intensely focused on launching the first online betting platform in New Jersey, which marks a very proud milestone for us as the leaders in Jersey's gaming scene since 1978," said Mark Giannantonio, President & CEO of Resorts Casino Hotel. "It was important for us to wait until the product was ready and passed the essential regulatory approvals before we announced the online sports betting platform with DraftKings."

The Boston-based IP address/destination for those competing in single-day online games for cash and prizes — founded in 2012 by CEO Jason Robins, CRO Matt Kalish and COO Paul Liberman — also had to plan for this auspicious occasion, waiting for the legal hurdles of Supreme Court approval and new regulation. "Being the first operator in New Jersey to launch a digital sportsbook is a huge milestone for us, the culmination of 10 months of hard work," said Kalish, who also credits the NJ regulators who drafted the first rules for a digital sportsbook product ("they're truly leading the charge") and Resorts for taking the first steps in the online gaming revolution. Caesars Entertainment (the operators of the sportsbooks at Bally's and Harrah's), The Borgata, and Ocean Resort (through William Hill Inc.) could follow in hot pursuit.

DraftKings' sportsbook platform lead and product builder Dan Hannigan-Daley stated that as it became clearer that sports betting would be legalized in New Jersey, the company began to quickly focus its efforts to offer "a complex product … offering over 10,000 different ways to bet, every single day, across many different sports at many different times," he said. The innovation of in-game wagering, for example — unique to regulated sports betting in the United States — allows the gambler to bet while games are in action, or according to specific elements within a game or team. "Take baseball," said Hannigan-Daley. "You can bet by inning up until the ninth, or into extra innings or total hits by a team. It's a pretty robust system."

"It was important for us to wait until the product was ready and passed the essential regulatory approvals before we announced the online sports betting platform with DraftKings."
Mark Giannantonio, President & CEO of Resorts Casino Hotel

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SEPTA employees are working diligently to repair and replace Regional Rail infrastructure in Southwest Philly, including an overhaul of the Airport Line, through Aug. 19. COURTESY OF SEPTA

SEPTA Airport Line down through August

SEPTA repairs throughout its southwestern infrastructure is why the Airport Line is not running through the rest of August.

SAM NEWHOUSE
sam.newhouse@metro.us

The SEPTA Airport Line Regional Rail train is not currently running, and other heavily-used trains in Southwest Philly are affected as well due to repairs currently in progress.

"The Southwest Connection Improvement Program was made possible, thanks to Pennsylvania Act 89, which provides capital funds for critical transportation infrastructure projects across the Commonwealth," SEPTA General Manager Jeff Knueppel said. "Portions of this track area date back to the 1830s."

"The last significant capital investment in this area was made by Conrail and Amtrak in the mid-1980's."
SEPTA

SEPTA kicked off the Southwest Connection Improvement Program on Aug. 4 to rebuild infrastructure between 30th Street Station and Arsenal Interlocking, just below University City station. Some sections of SEPTA infrastructure in this area are more than 80 years old. The mainline infrastructure for the Media/Elwyn Line is also being rebuilt.

"While SEPTA has a rigorous inspection and maintenance program, the last significant capital investment in this area was made by Conrail and Amtrak in the mid-1980's, in advance of the opening of the Airport Line," SEPTA said of the project. "The infrastructure continues to age."

While the upgrades are good news for commuters in the long term, in the short term it means service changes and the SEPTA Airport Line Regional Rail being halted and totally replaced with shuttle buses to all Airport terminals.

Shuttle buses are currently filling in for service between all Airport terminals, Eastwick and 30th Street Station, SEPTA said.

SEPTA said it is planning inspection and heavy maintenance all along the Airport Line track area, including "debris removal, brush cutting, painting, and bridge inspection."

The Media/Elwyn and Wilmington/Newark Regional Rail lines are also affected by the repairs.

Media/Elwyn line service is currently not beginning until the 49th Street Station. Shuttle buses are available to transport passengers to 49th Street from 30th Street Station and University City Station.

The Wilmington/Newark line will only run from 30th Street Station, with no service through Suburban, Jefferson or Temple stations.

Express service will not be offered on these trains during the project.

Passengers are urged to plan for additional delays, particularly as shuttle buses to the Airport on Thursdays and Fridays will be competing with vacationers traveling to the Shore. SEPTA shuttle bus drivers are prepared to take alternate routes in the event of delays. The current repair work is set to be completed by Aug. 19.

Visit septa.org for the most up-to-date information on system delays and changes.

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Watching a loved one struggle with everyday tasks can be heartbreaking. Restoring their independence may seem impossible, especially for family and friends who don't feel qualified to provide the level of care that's needed. For too long, transitioning to live-in support facilities has been the answer—but there's one home-care provider that's changing the game. Metro caught up with Illuminated Hearts to unpack the details.

What are some signs that a loved one needs home care?

It varies from person to person. It can be sudden, drastic changes that come about after an injury or illness, but more often than not, it comes on gradually. Having difficulty preparing their own meals, cleaning up, or getting dressed for the day are all signs they may need home care. There are also some mental symptoms to look out for, like being forgetful, overlooking safety concerns, missing medication times, or even feeling depressed and lonely.

How is Illuminated Hearts different from moving into a live-in support facility?

Illuminated Hearts home care is the least disruptive option because it allows the person to stay in their own home and retain the lifestyle they enjoyed before needing additional care. This means they're still able to go out, interact with the community, and enjoy their usual activities.

Why is it important for people to retain some level of independence?

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Tenants removed as foreclosures against infamous Germantown developer proceed

As city agencies undertake foreclosure of multiple affordable housing projects linked to an infamous Germantown developer, tenants at one property are getting booted for safety violations.

SAM NEWHOUSE
sam.newhouse@metro.us

Anna Figueroa, a tenant at Hamill Mill II, a Germantown property in hazardous condition and tied to a disgraced developer, wants the city's help fixing up the building. BRAD LARRISON

When city agencies foreclosed earlier this year on loans for affordable housing units in Germantown tied to disgraced developer Emanuel Freeman, neighbors hailed it as a turning point. But months later, some of the tenants who were hoping for positive change are instead getting kicked out as living conditions at one site decayed to the point of outright danger.

Anna Figueroa, a resident of Hamill Mill II in Germantown, held a tenants meeting to start organizing a call for the city's help repairing the living conditions she described as an "emergency."

"I'm fighting this, and I'm getting tired because I'm tired of 'the process,'" said Anna Figueroa to fellow tenants of Hamill Mill II and other Freeman-linked properties. "The city should have been helping us, because they let this man go on and on and on and on."

But the next day, they were all told they'd have to leave within a week. The Department of Licenses & Inspections (L&I) ordered the property closed due to hazards including multiple fire safety violations going uncorrected by the building's owners. While the tenants, who have been promised referrals to public housing, agreed Hamill Mill II was in terrible shape, they were hoping city intervention would mean repair, not removal.

"Why should I move when I didn't ask to go through this?" Figueroa asked after getting the news. "A lot of people lost money, we were paying rent. ... The city messed up. That's not our fault. You could save a lot of money, just fix the fire stuff, and then we'd still be there."

Hamill Mill II, a 33-unit affordable housing project assessed at a value of $600,000 and carrying a $30,000 tax debt, is also set to go up for sale at the Sept. 19 sheriff's auction, with an opening bid of $1,500. It is listed in city records as belonging to Lo— one of the many holding companies linked to Freeman — and was created as part of a $5 million tax credit-

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BRAD LARRISON

BRAD LARRISON

financed affordable housing project involving several other buildings.

The city's Department of Licenses & Inspections (L&I) ordered the building closed down due to various severe hazards, including a lack of working front-door locks, no working sprinklers, no smoke detectors, empty rooms full of combustibles and other fire hazards. It also had unoccupied rooms covered in severe mildew, the elevator had been deactivated and faulty utilities led some tenants to power their apartments with extension cords from neighboring, unoccupied units.

"It's at the point we now consider it an emergency. This is just utterly unsafe and unconscionable," said Karen Guss, a spokeswoman for L&I. "We just can't let people live in it."

As of press time, the Philadelphia Housing Authority (PHA) and Philadelphia Redevelopment Authority (PRA) were to find new housing for the remaining tenants before the Aug. 14 deadline.

The PRA defaulted on four loans to entities linked to Freeman back in March, representing about $9 million in loans including interest and penalties and 45 unlicensed rental properties around Germantown.

"We want to do the right thing for the community and the people."

PRA Executive Director Greg Heller.

PRA and tenants believed those properties included Hamill Mill II. But at a court date in May, PRA lawyers discovered Hamill Mill II had a different owner than they thought, and that they may not be able to foreclose on it.

However, they did secure an emergency receivership for Hamill Mill I, which was vacated and sealed for similar building hazards by PHA's Philadelphia Asset and Property Management Company (PAPMC). For several dozen other properties, they're still waiting on receivership hearings as well as initial hearings on foreclosure, which could take years.

"We want to do the right thing for the community and the people who are living in very tough conditions, but we have to wait for the court process," said PRA executive director Greg Heller. "Our No. 1 interest is preserving these properties up to a sufficient standard of quality and maintaining them as affordable housing for the community."

Under city control

When the PRA decided to foreclose, they rejected an offer from Freeman and his associates to pay off the loan in return for forgiveness of the penalties and interest, saying the decision was made after Freeman's team didn't meet conditions required by the payoff structure authorized by the board.

Attorney Gary Perkiss, who represents the ownership group behind the loans, asserted that Freeman is no longer part of the group, and that the investors could and want to pay off the loans and rehab the properties.

"The ownership group is attempting to resolve this with the PRA, has the funding to do it, and their goal is to close on the financing and clean up the properties, rehab the properties and do whatever's necessary to keep them functioning," he said.

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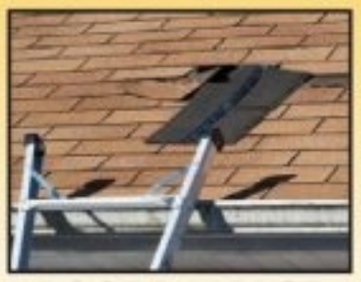
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Washington white nationalist rally sputters in sea of counterprotesters

GETTY IMAGES

A white nationalist rally in the heart of Washington drew around 20 demonstrators and hundreds of chanting counterprotesters on Sunday, the one-year anniversary of racially charged violence in Charlottesville, Virginia.

A large police presence kept the two sides separated in Lafayette Square, in front of the White House. After roughly two hours and a few speeches, the "Unite the Right 2" rally ended early when it began to rain and two police vans escorted the demonstrators back to Virginia.

"Everybody got the ability to speak and I think that was a major improvement over Charlottesville."
Jason Kessler - American protestor

Sunday's events, while tense at times, were a far cry from the street brawls that broke out in downtown Charlottesville a year ago, when a local woman was killed by a man who drove his car into a crowd of counterprotesters.

"Unite the Right 2" had been denied a permit in Charlottesville this year, but did secure one for Washington. Organizers planned for up to 400 protesters.

At the head of the white nationalist group was Virginia activist Jason Kessler, who helped organize last year's event in Charlottesville. He emerged with a handful of fellow demonstrators

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from a subway station holding an American flag and walked toward the White House ringed by police, while counterprotesters taunted them and called them Nazis.

Dan Haught, a 54-year-old computer programmer from Washington, was attending his first protest at the White House holding a sign that said "Back under your rocks you Nazi clowns."

"We wanted to send a message to the world that we vastly outnumber them," Haught said.

The violence last year in Charlottesville convulsed the nation and sparked condemnation across the political spectrum. It also was one of the lowest moments of President Donald Trump's first year in the presidency.

At the time, Trump said there were "very fine people" on both sides, spurring criticism from across the political divide that he was equating the counterprotesters with the rally attendees, who included neo-Nazis and other white supremacists.

On Saturday, Trump condemned "all types of racism" in a Twitter post marking the anniversary.

Kessler said the rally was aimed at advocating for "free speech for everybody," and he blamed last year's violence in Charlottesville on other groups and the media.

He thought Sunday's rally went well in comparison.

"Everybody got the ability to speak and I think that was a major improvement over Charlottesville," Kessler told Reuters. "It was a precedent that had to be set. It was more important than anything."

In Washington on Sunday, counterprotesters organized an afternoon program of music, speeches and poetry readings at Freedom Plaza, east of the White House.

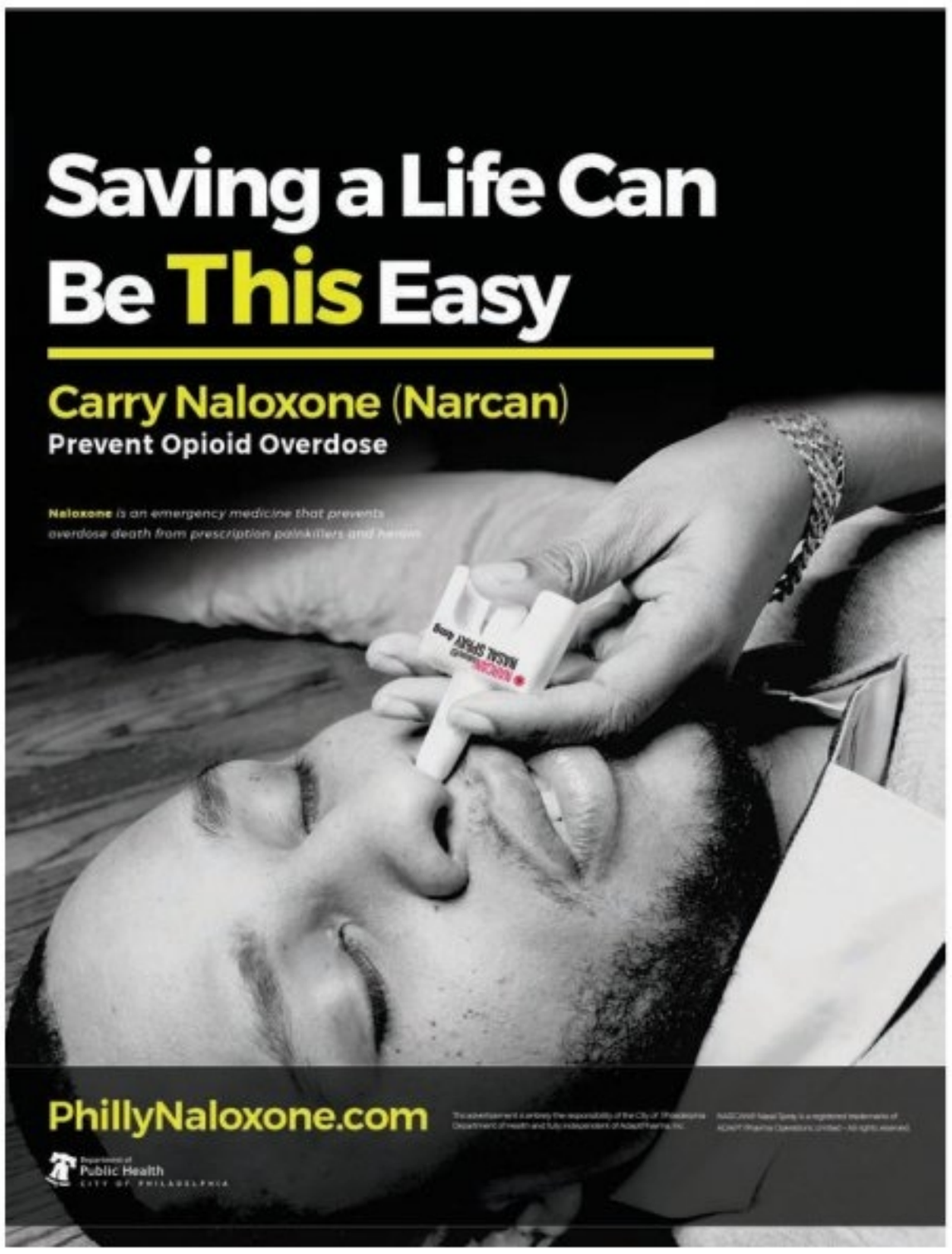
Sean Kratouil, a 17-year-old who lives in Maryland, was wearing a vest with "Antifa" on the back and said he was there to help start a movement of peaceful anti-fascists. He said he was concerned that when rallies turn violent, it makes his side look bad. "Public perception is key," he said.

In the picturesque college town of Charlottesville, hundreds of police officers had maintained a security perimeter around the normally bustling downtown district throughout the day on Saturday. Vehicular traffic was barred from an area of more than 15 city blocks, while pedestrians were allowed access at two checkpoints where officers examined bags for weapons.

Hundreds of students and activists took to the streets on Saturday evening. Many of the protesters directed their anger at the heavy police presence, with chants like "cops and Klan go hand in hand," a year after police were harshly criticized for their failure to prevent the violence.

On Sunday morning, activist Grace Aheron, 27, donned a Black Lives Matter T-shirt and joined hundreds of fellow Charlottesville residents who gathered at Booker T. Washington Park to mark the anniversary of last year's bloodshed.

"We want to claim our streets back, claim our public space back, claim our city back," Aheron said at the park. REUTERS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Pennsylvania authorities exhume bodies in hopes of solving Philly cold cases

Workmen were seen digging in Potter's Field in the Northeast Philadelphia last week.

SARAH LUOMA
letters@metro.us

ISTOCK

Local law enforcement authorities in Pennsylvania have recently been working to solve several Philly cold cases.

On Wednesday, workers were seen digging to exhume seven coffins in Potter's Field located in North Philadelphia in the hopes that local detectives can find answers to cases they have been trying to solve for decades.

One of those cases that have haunted law enforcement is that of a young girl. Called Jane Doe child, the female is 4 to 6 years old and of African-American decent.

The child was buried in Potter's Field back in 1962 after she was discovered in a box in the Schuylkill River.

According to 6 ABC, the unidentified female victim died in a gruesome manner with her head decapitated. She had been beaten and was missing a finger when she was discovered with law enforcement assuming she had been tortured.

"Forget about me being a prosecutor, just as a parent when you have a daughter, you hear a story of this girl whose age we don't know, and no one ever reported her missing. We want to know who she is," Assistant District Attorney Anthony Vocci, Jr. said.

The Jane Doe child is one of more than 200 bodies buried in Potter's Field Pennsylvania State Police and other law enforcement officials hope to discover the story and identity of the child so that they can the child can be laid to rest with some dignity.

With new technology at their disposal from University of South Florida, law enforcement and forensic experts hope to find new clues in the Philly cold cases.

"We take DNA samples and send it to the lab to get profiles to compare to missing persons then we do isotope analysis of elements that end up in your bones, taken from food and water you ate and drank that can be referenced to broad geographical areas," University of Florida forensic anthropologist Erin Kimmerle said.

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Pat King
Grumble Editor

the GRUMBLE

GOOD MORNING TO YOU, TOO!
"Good morning" is such a polite phrase when you greet co-workers or anyone at the crack of dawn. Why do so many people feel it is acceptable to enter someone's office and just start yapping away like we were in the same bed last night? What kills me is that the culprits are managers and supervisors. They get paid enough to be very happy, or at least pretend to be. I say good morning to the bus driver because I am entering his/her office. When I'm breaking my neck to catch the bus, the driver will usually wait or stop for me. Manners go a long way. Repeat after me, "Good .orning. Excuse me. Thank you."
Yolanda White, *Metro New York reader*

SUBWAY SPACE!!
I don't understand why men have to take up every available space as much as possible in the subway. When a man sits not only do they man-spread they also slouch in the seat. When they slouch, their shoulder goes into MY space, and now their knees extend more out, not allowing people to stand there. I'm also seeing more men put their hands in their pants pocket, so now their elbow is spread out taking more space than necessary. Why should a person sit more comfortable while I'm making myself as small as possible to fit into the seat? Also when a man is standing and holding on to the railing, they hold with two hands and spread them wide as possible. This causes the people standing next to him to lean away from him. People also need to stop crossing their legs in the subway when it packed. When you cross your legs it sticks out, which then brushes against other people's legs and it takes up more space not allowing people to stand there. As for women they need to stop putting their purse on the seat next to them. Your purse is not that important that it needs its own seat. Put it in your lap.
Ilsa M., *Metro New York reader*

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The winning caption from Ryan Medina, *Metro Boston reader*

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Aries Say what's on your mind and honor your promises. Not everyone will agree with you, but you will gain respect for standing up for your beliefs..

Taurus Just because you want to make some changes doesn't mean that others should follow suit. Do your own thing and allow everyone the freedom to do as they please.

Gemini You have the right idea, but you may not have the support you are looking for. Expect to face emotional setbacks due to someone else's interference.

Cancer Look at the possibilities and consider how to utilize your skills, improve your position and persuade others to jump on board. There is plenty to gain.

Leo Look at what you've accomplished and what's left to do. Personal improvements, discipline and hard work will impress family and friends.

Virgo You need a break. Try something different or visit a place you've never been before. Changing things up will give you a new perspective on what's possible.

Libra Surround yourself with positive people. You need encouragement, not criticism, to help you reach your goal. Personal improvements will boost your morale.

Scorpio Words alone cannot help you get things done. Make a move and work hard until you have taken care of business and can enjoy the fruits of your labor.

Sagittarius An emotional situation should be taken seriously. Decipher what's being implied. Having your facts straight will help you avoid emotional distress.

Capricorn You'll learn quickly if you attend a lecture or listen to an expert. Knowledge is power, and applying what you know will help you make better choices.

Aquarius Handle partnership matters openly and honestly. If you or someone else has a problem, address issues head-on and prepare to make positive changes.

Pisces Express your feelings by taking action and doing what's right. Make a difference to someone you care about by offering physical help. EUGENIA LAST

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5 Fun things to do this week

Have a foodie night out, spend time with some crazy rich Asians and more.

A.D. AMOROSI
letters@metro.us

Viral comedians, crazy rich Asians and local jazz legends all make this week wonderful. Here are the best things to do in Philly this week.

Pentatonix performs in the Philly area this week. RCA RECORDS

John Crist

Within millennial comedy circles, John Crist is a must-see. Or at the very least, the caustic viral stand-up is a must tweet and/or view as he gets 300 million-plus views for bits such as "Road Rage in the Church Parking Lot" or "BuzzFeed's Signs You Grew Up Christian." Guess, he's not the religious type.

Aug. 13-14, 7 p.m., Helium Comedy Club, 2021 Sansom St., philadelphia.heliumcomedy.com

Night Out Restaurant Week

The long successful, once-Center City-focused concept of Restaurant Week comes to Fishtown, Northern Liberties and restaurants along the Delaware River (including eatery-boats such as the Moshulu) where diners get multicourse meals for a nicer-than-usual price. Plus, you get a coupon for SugarHouse Casino just for eating.

Aug. 13-19, various locations, nightoutrestaurantweek.com

Pentatonix

Maybe their music tends to run toward the teen and tween-focused, but the harmonies rendered by this all-vocal crew are gorgeous, sleek and precise.

Aug. 14, 8 p.m., BB&T Pavilion, 1 Harbour Blvd., Camden, N.J., $25+, ticketmaster.com

"Crazy Rich Asians"

Author Kevin Kwan's best-selling novel about the life of super-wealthy "CRA" millennials comes to the big screen as a romantic comedy that's equal parts "The Joy Luck Club" and "Meet the Parents."

Opens Aug 15, UA Riverview Plaza Stadium 17, 1400 S Christopher Columbus Blvd., regmovies.com/theaters/ua-riverview-plaza-stadium-17

Tootie Heath

Philadelphia-born Albert "Tootie" Heath — the drumming brother and youngest sibling of this legendary local jazz family — makes a rare hometown appearance for one night at Chris. Miss this at your peril.

Aug. 15, 8 and 10 p.m., Chris Jazz Café, 1421 Sansom St., chrisjazzcafe.com

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On Museum Day 2018, 1,300 museums and galleries across all 50 states will be free to visit. ALL PHOTOS ISTOCK

Museum Day is your ticket to free culture

Everything you need to know about how to score free admission to museums and galleries all over the city.

EVA KIS
eva.kis@metro.us

Hot tip: The Smithsonian Institute's museums in Washington are free to visit all year. It would be great if every museum in the country could be, too, but Museum Day 2018 gets pretty close to that utopia.

The Smithsonian Magazine-sponsored event opens the doors to hundreds of cultural institutions around the country for one day in September, but to get tickets you'll have to act soon.

Museum Day 2018 is happening Saturday, Sept. 22, with more than 1,300 museums, art galleries, historic homes and farmhouses signed on to participate. You're not just getting free admission, either — many museums hold special activities around a new theme each year. For Museum Day 2018, that theme is Women Making History, honoring trailblazers in the arts, sciences, innovation and culture.

In all nine institutions are taking part in Museum Day 2018 within Philadelphia, including the Academy of Natural Sciences of Drexel University — if you haven't visited their giant dinosaurs lately, come for the new special exhibit Xtreme Bugs. Or take a stroll through the notable garden of outdoor sculptures at the Woodmere Art Museum (then cool down indoors with more art and a new temporary exhibit of Nascar photography by Darryl Moran).

If you're not ready to settle into the post-summer grind (Sept. 22 is the first day of fall, alas), take one last road trip to close out the season by heading to Doylestown to browse the majestic Fonthill Castle, the highly decorated home of the artistic eccentric Henry Chapman Mercer.

How to get your free Museum Day 2018 tickets

To get your free tickets for Museum Day 2018, you'll have to sign up online for a downloadable ticket. Visit smithsonian.com/museumday starting Aug. 15 to register for your pass, which grants admission to the ticket holder and one guest.

Only one ticket may be redeemed per email address — so plan ahead in case you're looking to museum-hop to maximize your learning on Sept. 22.

Check out the interactive map of all the Museum Day participants, and go learn something!

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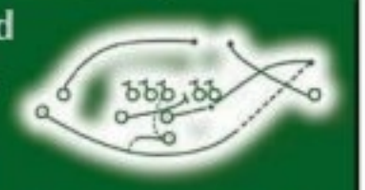
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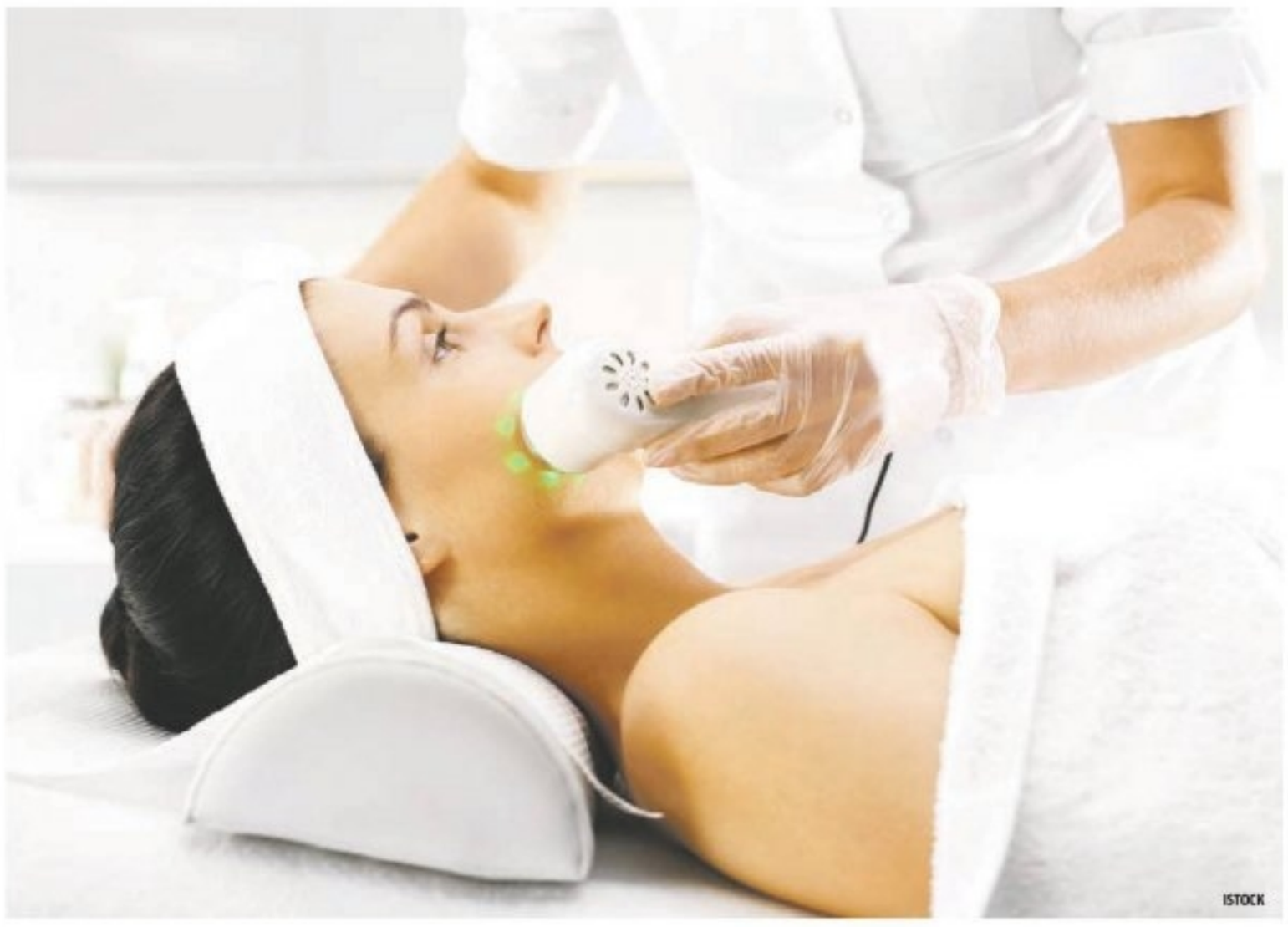
ISTOCK

What is light therapy, and what can it be used to treat?

From acne to skin cancer — here is everything you need to know about this innovative treatment.

PAT KING
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When confronting an illness, it may be a common reaction to brush off the idea of holistic or experimental treatment in lieu of traditional and what has been considered historically "fail safe" by medical professionals.

But many cancer patients can be left feeling weak after intense radiation treatments. This is why the advancement of light therapy has become a popular option for many patients who wish to avoid these negative side effects. But what is it exactly, and what other ailments can it be used to treat? Here is everything you need to know about light therapy.

What is light therapy?
Light therapy, otherwise known as phototherapy, heliotherapy, cell energy treatment (CET), and sometimes photodynamic therapy is the practice of administering intense pulsating light flashes onto a patient's skin or retina. Light therapy employs regimented exposure to daylight or specific wavelengths of light by using what is called polychromatic polarized light. This mimics the strength of the sun's rays while removing the UV radiation. This light can be produced with lasers, light-emitting diodes, fluorescent lamps, dichroic lamps or very bright, full-spectrum light.

What does light therapy treat?
Light therapy can be used to treat a number of skin conditions, including atopic dermatitis, psoriasis and severe acne. Other uses of this treatment can be to combat seasonal and nonseasonal depression, sleep disorders, jetlag and jaundice.

Perhaps the most curious aspect of light therapy is that it has also been used to treat certain forms of skin cancer and is recognized as suitable practice by the American Cancer Society. Prescribing a consistent of exposure to this rejuvenating light has also led to positive effects amongst patients who suffer from ALS disease.

Does light therapy really work?
While using light therapy can do wonders for people with light skin conditions, it can only do so much for more serious illnesses like skin cancer and ALS. According to the American Cancer Society, the use of phototherapy coupled with special drugs in what professionals call photodynamic therapy (PDT) can only really make an impact where the light actually reaches and can't kill cancerous cells that have made their way deep underneath the skin. There is also a small percentage of the population who are diagnosed with rare blood diseases that affects the skin and nervous system called porphyrias.

But for people whose ailments have been diagnosed at an early stage, different forms of this treatment can provide a precise and radiation free treatment that can also reduce the need for a patient to go under the knife for surgery.

SPORTS

Josh Adams thrived during his time at Notre Dame. GETTY IMAGES

Adams ecstatic to play for hometown Eagles

The Warrington, native shines in preseason opener.

JOVAN ALFORD
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Imagine growing up less than an hour away from your hometown NFL team for many years and having a chance to make its 53-man roster. This is the opportunity that is in front of undrafted free-agent running back Josh Adams, one of 15 undrafted free agents that the Eagles signed after the 2018 NFL Draft.

The Warrington native is trying to become the second undrafted free agent running back to make the Eagles, following in the footsteps of Corey Clement. Furthermore, just like Clement last season, Adams is in a tightly-contested battle for the fourth running back spot.

Heading into this season, it is expected that running backs Jay Ajayi, Corey Clement, and Darren Sproles will make the 53-man roster. This means that Adams, Wendell Smallwood, Donnel Pumphrey, and Matt Jones are fighting for potentially one spot.

Adams got his first taste of NFL action on Thursday night against the Pittsburgh Steelers and may have started to separate himself from the pack. The former Notre Dame man saw plenty of action in the second half, showing a considerable amount of burst on his first carry.

The 6-foot-2, 225-pounder finished the game with 30 rushing yards on six carries. After Thursday's night preseason contest, Adams spoke at length about his mindset on the field.

"I just tried to take advantage of every opportunity I got. I didn't know how many carries I was going to get, how many times I was going to be out on the field, so every time I went out there I gave it my all," he said to reporters.

If you aren't familiar with Adams' game, that statement perfectly describes what he did at Notre Dame. Over his three-year collegiate career with the Fighting Irish, Adams picked up 3,201 yards on 481 carries with 20 touchdowns. His best season came as a junior, where he rushed for a career-high 1,430 yards on 206 carries.

Heading into the NFL draft, the knock on Adams was his speed and elusiveness as he is more a power back. However, he debunked the speed theory after showing some nice bursts on a few carries against the Steelers.

With that being said, Adams felt like he could've done better in his first preseason game.

"I always feel like I could do better, that's what I'm going to focus on. I'm going to look back at this game and see what I could've better," he said. "Right now, I'm just competing. That's what these preseason games are for, to build myself as the kind of player I want to be. Every practice, every game, I'm just going out there competing."

Eagles head coach Doug Pederson was impressed with Adams' performance as he checked multiple checkboxes.

"I thought Josh did a nice job with the amount of play time that he got. All the running backs were going to get some time outside of Darren Sproles. So, it increases Josh's reps just a little bit," said Pederson. "He did a really good job in protection, No. 1, catching the ball out of the backfield, and some of the runs, you can see how big and powerful he is when he hits the edge."

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Kirk Cousins has the Vikings pointing in the right direction. GETTY IMAGES

Here are three predictions on the season win totals offered by oddsmakers on every NFL team. Keep in mind that these lines are usually set optimistically, resulting in good opportunities on under wagers, especially if you can get better than even-money odds.

CARDINALS UNDER 5.5 WINS (+145)

Someone has to be last in the NFC West, and it looks like Arizona will fill that role in 2018. Bruce Arians was the glue holding the Cardinals together; now rookie head coach Steve Wilks (hired off just one year as a defensive coordinator in Carolina) will have to work with a depleted defense that saw Karlos Dansby, Justin Bethel, and Tyrann Mathieu jump ship in the offseason.

Josh Rosen could be an offensive centerpiece for years to come, but he's not surrounded by many weapons outside of David Johnson, fresh off a season-killing wrist injury, and the aged Larry Fitzgerald. The Rams and 49ers will be tough divisional matchups for Arizona, who also have a brutal road schedule with dates against the Vikings, Chiefs, Chargers, Packers and Falcons. Place this bet now while the odds are still generous.

VIKINGS OVER 10 WINS (-125)

The Vikings addressed their most glaring need in a huge way when they inked Kirk Cousins to a three-year, $84 million contract this offseason. He'll be throwing to the recently-extended Stefon Diggs and Adam Thielen, and he'll have a full season (hopefully) from promising halfback Dalvin Cook.

The league's number-one defense from a year ago got stronger as they acquired in-the-trenches stalwart Sheldon Richardson in the offseason.

Ten wins seems like a pessimistic projection despite the degree of difficulty the NFC presents; the Vikings won 13 last year and got better in the offseason. As long as they can manage the land mines in the NFC North they should be an 11-win team or better.

GIANTS UNDER 7 WINS (+120)

The Giants had a chance to draft a successor to Eli Manning, and a good one at that, but they let Sam Darnold go to the hometown rival Jets. Instead, they re-committed to the 37-year-old Manning and drafted Saquon Barkley to carry the ball out of the backfield. Even if Barkley is a generational talent, he can only do so much behind an offensive line that saw Justin Pugh and Weston Richburg leave town. Nate Solder was brought in to fill the void, but he's just one player in lieu of two.

The Giants defense continues to be a liability as well, and their division is a tough one with the Eagles, last year's Super Bowl champs, and the Cowboys as potential double-digit game winners. Don't expect New York to sniff seven wins this season as they face the eighth-toughest schedule by win percentage (.520) in the entire league.

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Break Free from Neuropathy with a New Supportive Care Cream

A patented relief cream stands to help millions of Americans crippled from the side effects neuropathy by increasing sensation and blood flow wherever it's applied

Raymond Wilson
The Associated Health Press

AHP – A recent breakthrough stands to help millions of Americans plagued by burning, tingling and numb legs and feet.

But this time it comes in the form of a cream, not a pill, suggesting the medical community may have been going about the problem all wrong.

The breakthrough, called *Diabasens*, is a new relief cream developed for managing the relentless discomfort caused by neuropathy.

When applied directly to the legs and feet, it causes arteries and blood vessels to expand, increasing the flow of warm, nutrient rich blood to damaged tissue.

However, what's most remarkable about the cream...and what makes it so brilliant...is that it contains one of the only natural substances known to activate a special sensory pathway right below the surface of the skin.

This pathway is called TRAP1 and it controls the sensitivity of nerves. In laymen terms, it determines whether you feel pins and needles or soothing relief.

Studies show that symptoms of neuropathy arise when the nerves in your legs deteriorate and blood flow is lost to the areas which surround them.

As the nerves begins to die, sensation is lost. This lack of sensation is what causes the feelings of burning, tingling and numbness.

This is why the makers of *Diabasens* say their cream has performed so well in a recent clinical use survey trial. It increases sensation and blood flow where ever its applied.

No Pills, No Prescriptions, No Agony

Until now, many doctors have failed to consider a topical cream as an effective way to manage neuropathy. *Diabasens* is proving it may be the only way going forward.

"Most of today's treatment methods have focused on minimizing discomfort instead of attacking its underlining cause. That's why millions of adults are still in excruciating pain every single day, and are constantly dealing with side effects" explains Dr. Esber, the creator of *Diabasens*.

"*Diabasens* is different. Since the most commonly reported symptoms – burning, tingling and numb legs and feet – are caused by lack of sensation of the nerves, we've designed the formula increase their sensitivity.

And since these nerves are located right below the skin, we've chosen to formulate it as a cream. This allows for the ingredients to get to them faster and without any drug like side effects" he adds.

Study Finds Restoring Sensation the Key To Effective, Long Lasting Relief

With the conclusion of their latest human clinical use survey trial, Dr. Esber and his team are now offering *Diabasens* nationwide. And regardless of the market, its sales are exploding.

Men and women from all over the country are eager to get their hands on the new cream and, according to the results initial users reported, they should be.

In the trial above, as compared to baseline, participants taking *Diabasens* saw a staggering 51% increase sensitivity in just one week. This resulted in significant relief from burning, tingling and nubmness throughout their legs.

Many participants taking *Diabasens* described feeling much more balanced and comfortable throughout the day. They also noticed that after applying, there was a pleasant warming sensation that was remarkably soothing.

Diabasens Users Demand More

Many of *Diabasens* users say their legs have never felt better. For the first time in years, they are able to walk free from the symptoms which have made life hard.

"I have been using the cream now for about ten days. It has given me such relief.

I've had very bad foot pain from injuries and overuse of my feet for years which have contributed to severe itching/tingling and pain for some time. (My father also suffered from this pain and itching. I wish I would have had this for him.)

The first time I used the cream, I felt an almost immediate relief from this.

I now use it at least twice a day: once in the morning before work and once at night before I sleep.

I am so delighted with this. It has helped my walking, also. It has helped generate feeling again in my feet," raves Marsha A. from Texas

Diabasens is shown to provide relief from:

- Burning
- Swelling
- Tingling
- Heaviness
- Numbness
- Cold extremities

Targets Nerve Damage Right Below the Skins Surface

Diabasens is a topical cream that is to be applied to your legs and feet twice a day for the first two weeks then once a day after. It does not require a prescription.

Topical Creams Offer Sufferers a Safer, More Effective Avenue of Relief: Diabasens increases sensation and blood flow wherever its applied. It's now being used to relieve painful legs and feet.

The active ingredient is a compound known as cinnamaldehyde.

Studies show that neuropathy and nerve pain is caused when the peripheral nerves breakdown and blood is unable to circulate into your legs and feet.

As these nerves deteriorate, sensation is lost. This is why you may not feel hot or cold and your legs and feet may burn, tingle and go numb.

Additionally, without proper blood flow, tissues and cells in these areas begin to die, causing unbearable pain.

The cinnamaldehyde in *Diabasens* is one of the only compounds in existence that can activate TRPA1, a special sensory pathway that runs through your entire body.

According to research, activating this pathway (which can only be done with a cream) increases the sensitivity of nerves, relieving feelings of tingling and numbness in your legs and feet.

Supporting ingredients boost blood flow, supplying the nerves with the nutrients they need for increased sensation.

Amazing Relief Exactly Where You Need It

With daily use, *Diabasens* users report remarkable improvements in their quality of life without of the negative side effects or interactions associated with prescription drugs.

Readers can now enjoy an entirely new level of comfort that's both safe and affordable. It is also extremely effective, especially if nothing else has worked.

Discounted Supply of Diabasens for Local Readers

This is the official release of *Diabasens*. As such, the company is offering a special discounted supply to any reader who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Pennsylvania residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-714-4052 and will only be open for the next 48 hours. Only a limited discounted supply of *Diabasens* is currently available in your region.

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MEDICAL RESEARCH

To advertise call Jennifer Lydon at 215-717-2694 or email jennifer.lydon@metro.us

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Please Contact Robin Neubauer, RN
For further information
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Penn Medicine, Renal Hypertension

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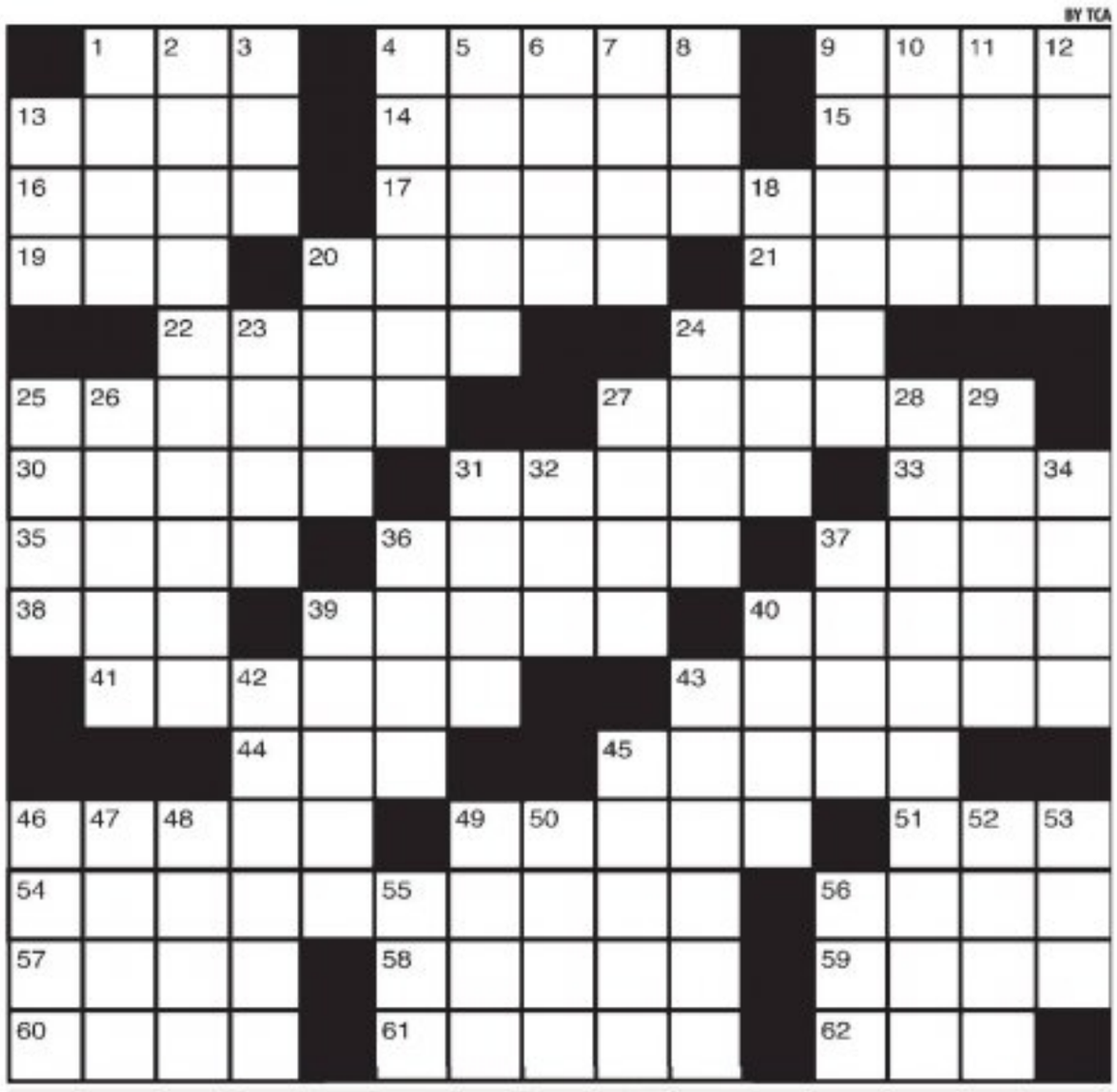

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ACROSS

1 Cambridge univ.
4 Remove the lid from
9 Hole-making tools
13 Japanese wrestling form
14 Boscs and Bartletts
15 Soft cheese
16 Dog food brand
17 Too lenient
19 "Gloria in excelsis __!"
20 Slaphappy
21 Early guitars
22 Light bulb measures
24 Not __ long; only briefly
25 Put up cash in advance
27 Thingamajig
30 Rowed
31 Sleazebag
33 Anti's vote
35 Dermatologist's concern
36 Destroys
37 Lunch spot
38 "__ got the whole world in His hands..."
39 Very talkative
40 Beauty parlor
41 TV's "__ & Greg"
43 Elbows
44 Touch lightly
45 Trigger or Mister Ed
46 Got up
49 Stockholm native
51 Fool
54 "Alice in __"
56 Near
57 Not up yet
58 Part of a pound
59 Like petits fours
60 Disarray
61 Cornered
62 Animal with hoofs

DOWN

1 Stubborn animal
2 Make poor
3 None __ soon; just in time
4 Conceited
5 Essentials
6 Ace or deuce
7 Military force
8 Fraternity letter
9 Ridiculous
10 Judge's order
11 Not taped
12 Observes
13 Melancholy
18 "__ John B"
20 Pleased
23 Unlock
24 Enemies
25 Luxurious
26 Gathered leaves
27 Declare untrue
28 Painkillers
29 Actor Willem
31 Havana's nation
32 1 of 24 in the human body
34 Strong urges
36 Freeway exit
37 Womanizers
39 A+ or C-
40 Positive
42 Not getting along
43 Gave a silent assent
45 Therefore
46 Did the breaststroke
47 "__ or not to be..."
48 Singles
49 Unkind remark
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52 Eras
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56 Peeples or Long

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